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Toronto metro

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TUESDAY, DEC. 29, 2015

High 6°C/Low 0°C Drizzly

ROYAL ONTARIO MUSEUM

Rodarte fuses Star Wars and fashion forces

metroLIFE

Tima Kurdi, who lives in the Vancouver area, greets her five-month-old nephew Sherwan Kurdi. Her three-year-old nephew, Alan Kurdi, drowned along with his five-year-old brother and their mother in September while trying to escape conflict in Syria. DARRYL DYCK/THE CANADIAN PRESS VIA THE ASSOCIATED PRESS

REUNITED IN CANADA

Kurdi family welcomed in Vancouver after enduring great loss

metroNEWS

WEATHER

T.O.'s first blast of snow hits

Luke Simcoe
Metro | Toronto

Mother Nature gave Toronto its first real taste of winter late Monday in a snowy, windy blast.

Police reported fielding higher-than-normal calls for minor collisions, and the TTC diverted two routes due to icy roads.

The promised storm — which was expected to bring up to 15 centimetres of snow — arrived as flurries on Sunday before accelerating Monday night.

Still, anyone hoping to bust out the toboggan or skis should hold off. Tuesday is expected to hit 6 C, with enough rain to wash away any snow stubborn enough to accumulate. And while temperatures are expected to dip below freezing later this week, just a few flurries are predicted.

"We're back to more winter-like temperatures, but there's no big winter storm in the forecast," said Environment Canada meteorologist Peter Kimbell.

News of the season's first storm had sent people into a flurry Monday. At the Canadian Tire on Eglinton Avenue West, snow shovels and salt flew off the shelves. "We were fully booked up by 11 a.m. It was all winter tires and oil changes," a store employee told Metro.

Other Canadian cities have already received sizable dumps, and Ottawa was slated to get all the snow that did not land here.

WITH FILES FROM TORSTAR NEWS SERVICE

Global weather woes, page 8

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metro NEWS

Your essential daily news

Almost hunted out of existence 100 years ago, Ontario's wild turkeys are making a comeback. **Canada**

Expert eyes Swedish bike plan

TRANSIT

Move would transfer funds from drivers to cyclists

Luke Simcoe
Metro | Toronto

A Swedish plan to pad the pockets of cyclists — using money taken from drivers — could be imported to Toronto, says a local transportation expert.

Officials in Stockholm, Sweden, are considering taking a portion of the revenue earned by its congestion zone program — which charges drivers a fee to access the city's core — and giving it to cyclists in the form of credits for things like winter tires and tune-ups.

Teo Enlund, who authored a report on the issue for Sweden's Royal Institute of Technology, said the plan would encourage more people to take two wheels to work instead of four.

"Those who make the jump to start cycling rather than travelling by car should get a pat on the back, not a kick in the face," Enlund told a local newspaper.

Martin Collier, a Guelph-based expert on congestion pricing, agrees.

"Anything that can help people make the shift from driving to transit or cycling is a good thing," he said.

The City of Toronto already has the authority to levy road tolls and could implement a similar cycling compensation plan "fairly easily," Collier said. However, finding the political will for such a change is another matter, he said.

"It's a different world in Stockholm," he said, noting approval for the road-congestion plan hovers around 80 per cent. "In Toronto, there would be a lot more push-back."

While drivers shell out for things like gas taxes, parking and registration fees, their mode of transportation is far more heavily subsidized than cycling or walking, Collier said.

For every dollar a vehicle owner puts into the system through things like taxes and levies, everyone else pays $9.20, according to a report from Moving Forward in Vancouver. In contrast, the public pays only eight cents for every dollar contributed by cyclists.

IN NUMBERS

What Toronto drivers pay: There are a number of user fees for drivers in Ontario, including gas taxes and annual permit fees. There used to be a $60 vehicle registration tax in Toronto, but it was cancelled in 2010.

Licence plate sticker: $108/year

Driver's licence renewal: $81.50

Gas tax: 14.7 cents/litre (provincial), 10 cents/litre (federal)

The masses of bicycles parked on streets in Stockholm, Sweden, show just how popular cycling is a form of transit in the city. ISTOCK

REGULATION

Beck Taxi pans fee increase

As thousands of unregulated UberX drivers continue to use personal vehicles to carry paying passengers, a Toronto taxi company is protesting the annual renewal fee increase for cabbies.

On Jan. 1, taxi drivers who want to renew their licences face a 2.5 per cent fee hike, said Kristine Hubbard, operations manager for Beck Taxi, on Monday.

At the same time an estimated 20,000 UberX drivers, the majority lacking commercial liability insurance, operate in the city paying no fees and subject to no regulatory oversight, Hubbard said, adding that rather than easing the burden for cabbies struggling to compete with cheaper UberX rides, the city is choosing to tilt the playing field further against legal taxis.

"A licensing fee gives you the privilege to participate in a regulated system. They are not regulating the system, so what are they paying for?"

It adds "insult to injury" that the fees collected are supposed to support enforcement of bylaws, which Uber flouts by operating its UberX service, Hubbard said. The city has laid about 200 bylaw charges that are still before the courts.

Mayor John Tory's spokesperson, Keerthana Kamalavasan, said via email Monday the city is working as quickly as possible to develop regulations that address the needs of Torontonians and the taxi industry, while providing a "fair, safe, convenient way" to get around. TORSTAR NEWS SERVICE

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COURT

Top hockey school mired in dispute

Premier Elite Athletes' Collegiate bills itself as a top-tier private school for sports stars and boasts the "best hockey program in North America," with celebrated NHL rookie Connor McDavid as its marquee alumnus.

It's also at the centre of a bitter dispute over the sale of the school in 2014, leaving the prestigious institution in financial disarray, according to court documents. The school remains open with about 100 students, and it is unclear whether the action will threaten its continued operation.

> **I am so disgusted with this entire situation.**
> Neil Doctorow

Private schools in Ontario exist with little oversight — a 2013 auditor general's report concluded the province has one of the least regulated private school sectors in Canada. Officials are required to inspect a school's curriculum once a year if the institution offers high school diplomas. Beyond that, there are no rules to make sure schools like PEAC fulfill the quality of education they promise. The government doesn't check whether they are on stable financial footing. Between 2007 and 2012, at least 235 private schools shut down as a result of declining enrolment and financial difficulties.

Neil Doctorow, a former teacher with the Toronto District School Board, founded PEAC in 2005 and sold it in July 2014 to Robb Nelson, who took over as director. Last June, Doctorow filed an application for bankruptcy against Nelson, claiming in an affidavit that the new PEAC owner admitted he's "dead broke" and still owes $924,000 for the purchase.

Nelson claims he has grounds to sue Doctorow because he failed to get the landlord's consent for the school sale and didn't hand over control of the charity foundation that raised as much as $200,000 a year for PEAC.

Doctorow has filed an affidavit in response, pointing to a section in the sale agreement that puts the onus for landlord consent on Nelson. TORSTAR NEWS SERVICE

IN BRIEF

Nurse who encouraged suicide online wins appeal

An ex-Minnesota nurse who admitted to encouraging people to kill themselves online didn't give specific instructions to a Brampton teen, a U.S. appeals court ruled Monday in overturning his conviction.

The Minnesota Court of Appeals said there wasn't enough evidence to convict William Melchert-Dinkel of attempting to assist the suicide of Nadia Kajouji, 18, who jumped into Rideau River in 2008.

THE CANADIAN PRESS

Judge delays bail decision in Christmas Day stabbing

A justice of the peace reserved his decision until Wednesday in a bail hearing for a 13-year-old charged with attempted murder after a Christmas Day stabbing. The girl, who can't be identified, faces several other charges, including assault with a deadly weapon. The girl, arrested Sunday, is also charged with attempted murder, aggravated assault, assault with a weapon, assault carrying a concealed weapon and dangerous weapon. TORSTAR NEWS SERVICE

Max, soon to be a year old, plays with his parents in the Mini City zone of the Children's Discovery Centre, which will be located at Strachan Avenue and East Liberty Street until the arrival of a new condo development. Inset: Two-year-old Anaya enjoys herself in the Imagination Station zone of the Children's Discovery Centre. LIZ BEDDALL/METRO

Children's centre in search of new home

COMMUNITY

Pilot project intended to spark kids' imagination

Gilbert Ngabo
Metro | Toronto

Toronto's lone children's museum is looking for a new home, and it's hoping to achieve the feat one brick at a time.

Children's Discovery Centre launched this year as a pilot project, operating out of a 20,000-square-foot space at 45 Strachan Ave. But the address is soon set to become a condo building as part of the Garrison Point development, and the centre wants to move to a more permanent spot.

"We started as a popup centre but the pilot has proved there's a huge demand for our services," said Jeanhy Shim, the centre's founder and CEO. "This is no longer just a PowerPoint presentation."

Shim has just launched a 20,000 Bricks campaign with the aim of drawing on grassroots support. For $25, anyone can buy a paper brick as a symbol of their contribution. When the new centre — expected to cost $500,000 — is built, donors' names will be written on an actual brick somewhere in the common area.

Shim hasn't picked a new location yet, but the ideal place would be 30,000 to 40,000 square feet with outdoor space somewhere downtown, she said.

Since it opened in May, more than 9,000 families from Toronto and the GTA have visited the centre. During visits, children six and younger are encouraged to be creative and use their imaginations in 10 discovery zones ranging in themes from design to food to books.

"The way kids learn best is when they play," Shim said.

The idea for the centre sprung from a similar site Shim visited more than 10 years ago during a road trip to California. That's when she realized there were more than 200 kids museums across North America but none in Toronto.

She's since assembled a team of early childhood development experts to help her run programs at the centre.

"We called it a discovery centre simply because we thought calling it a museum would sound boring to kids," Shim said.

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WHAT'S IN AND WHAT'S OUT

Starting Jan. 1, new laws around the use and sale of tobacco and e-cigarette products are coming into effect.
Here's what you need to know:

OUT

E-cigarettes are not allowed to be sold to those **under the age of 19.**

Flavoured tobacco products, such as chewing tobacco and fruity cigarettes, are banned.

IN

Menthol cigarettes are still allowed to be sold, but this may change.

E-cigarettes can still be **smoked in public spaces and workplaces**, but will be banned later in the year.

Store owners fear laws a sign of crackdown coming soon

Sanam Islam
Metro | Toronto

The latest round of smoking laws will be introduced in Ontario on Jan. 1 and it has some in the vaping industry worried.

While the new laws — which, among other things, ban flavoured-tobacco sales — don't directly affect vape businesses, many think they offer a glimpse of the crackdown that will come.

The province has already said its law will, at the very least, ban the use of e-cigarettes in public places and workplaces. It was expected to take effect Jan. 1 but was delayed.

Unless changes are made to the proposed legislation, customers will not be able to try out different flavours before they buy products at vape stores. And that could sound a death knell for some of the many specialty stores popping up across Toronto.

"It would be terrible for us. It's crucial for people to be able to sample flavours before they buy. I would say 99 per cent of our customers do that," said Mike Wartooth of the Vape 29 store in Toronto.

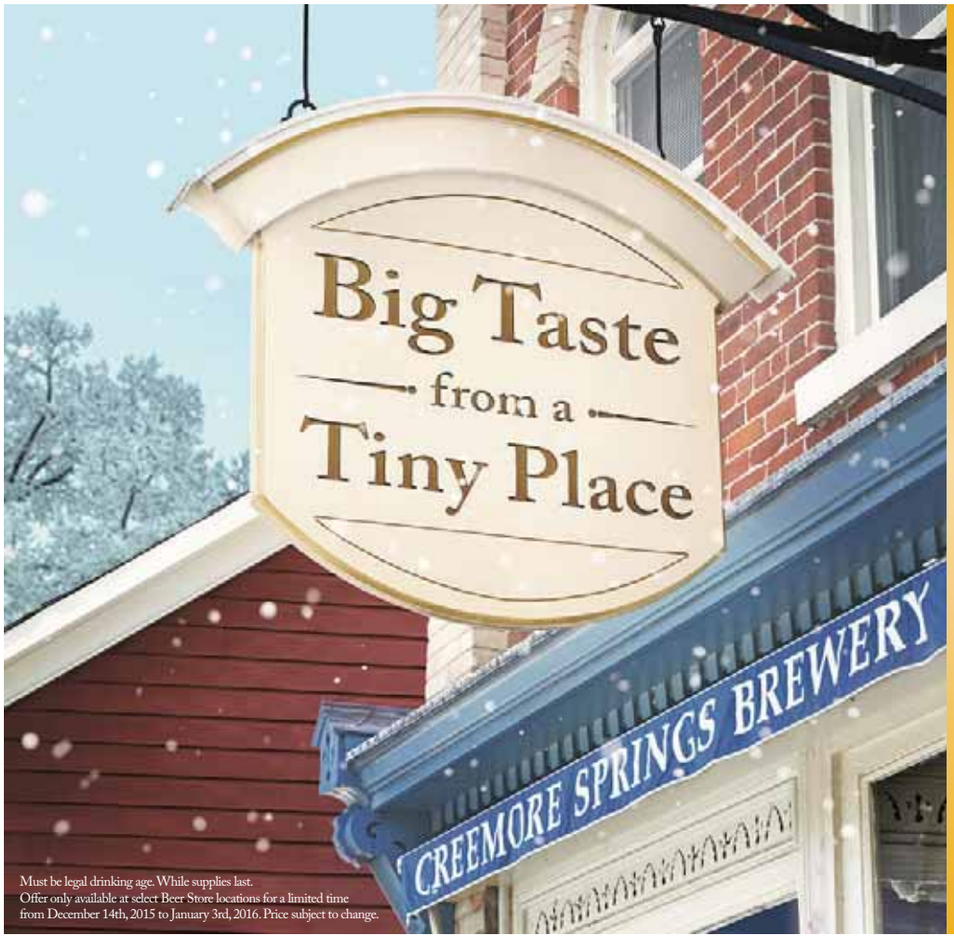
Staff also wouldn't be able to test and fix broken e-cigarettes indoors or show customers how to use them.

That alone has Yan Bar, owner of Eastern Bloc Vapes, concerned about the future of the industry in Ontario.

"If we're not able to explain our product or how to use it, people will either not understand or misuse it," he said. "We're concerned a lot of people will go back to smoking if it's made too difficult."

That, he said, would be bad for both the booming vape industry and the health of his customers, many of whom turn to vaping as a way to quit cigarettes.

"We're taking it one step at a time and waiting to see how it will go. I think 2016 will definitely be the year where the province will start making changes," Bar said.



Must be legal drinking age. While supplies last.
Offer only available at select Beer Store locations for a limited time from December 14th, 2015 to January 3rd, 2016. Price subject to change.

There are two simple rules for crafting great beer:

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For a limited time, enjoy $2 off a 12-pack* of either our Premium Lager or NEW Lot 9 Pilsner.

*12 x 341mL bottle.

MEETING

Date set for PM's White House visit

U.S. President Barack Obama and Prime Minister Justin Trudeau have set a date for their first meeting in Washington.

Trudeau and his wife are to be welcomed for an official visit and state dinner at the White House on March 10.

Obama and Trudeau met on the sidelines of the APEC summit in the Philippines in November and Obama had mentioned then he had hoped to have the Trudeaus to the White House in the new year.

U.S. Ambassador Bruce Heyman announced the date in a statement Monday, saying the visit is an opportunity for the two countries to deepen their bilateral relationship.

It will be the first White House state dinner in 19 years for a Canadian leader. The last one was in 1997 when then-president Bill Clinton hosted then-prime minister Jean Chrétien. THE CANADIAN PRESS

CLIMATE CHANGE

Wild turkeys trot north in Ontario

Ontario's wild turkeys, sometimes seen feeding on farmers' fields or gracing dinner tables, are on the trot thanks to climate change.

Although hunted to extinction in this province more than 100 years ago, the birds were reintroduced in 1984 and flourished in the forests and fields of Southern Ontario, even venturing into urban areas.

But since those early days, global warming has made conditions more favourable for them further north. They can now be found as far away as the Sault Ste. Marie, Sudbury and North Bay areas.

Wildlife officials are trying to keep it that way by carefully managing the population, now estimated at around 70,000, through spring and fall hunts and keeping close watch on weather conditions including cold and snow depth, which limits their access to food.

"They've proven to be far more adaptable than we gave them credit for," said Patrick Hubert, a senior avian biologist with the Ministry of Natural Resources and Forestry in Peterborough.

Hunting and conservation groups are thrilled to see the population expanding northward, where the turkeys tend to grow larger than in the south.

"We're very excited," said Steve Nicholson of the Canadian Wild Turkey Federation, who added it's not unusual to see flocks of 60 to 100 birds in farm fields or meadows. TORSTAR NEWS SERVICE

Wild turkeys, reintroduced to Ontario in 1984, roam in an open field in Pickering. TORSTAR NEWS SERVICE FILE

Tima Kurdi, third from left, stands with her brother Mohammad Kurdi, top right, and their family after they arrived at Vancouver International Airport in Richmond, B.C., on Monday. From left, Shergo Kurdi, 15, Haveen Kurdi, 16, Sherwan Kurdi, 5 months, being held by Tima, Rezan Kurdi, 8, their mom Ghousun Kurdi and Ranim Kurdi, 10. DARRYL DYCK/THE CANADIAN PRESS

Alan Kurdi's relatives beginning new life here

SYRIAN REFUGEES IN CANADA

Aunt welcomes boy's uncle and his family in Vancouver

Amid bear hugs, smiles and tears, the family of a Syrian boy whose lifeless body washed up on a Turkish beach earlier this year repeated one message when they landed at the Vancouver airport on Monday: thank you.

Mohammed Kurdi, his wife and their five children arrived in Canada as refugees, sponsored by his sister, Tima Kurdi, who has become an international spokeswoman for people fleeing the war-torn nation. "Thank you Canada! Thank you Canada!" the family chanted in English after being greeted by about two dozen family, friends and supporters.

Speaking through his sister, who translated from Arabic, Mohammed Kurdi also thanked Canadians and the government for making his dreams come true. "I'm happy! Very happy!" he said in English to a crowd of reporters.

His 14-year-old son Shergo clutched a stuffed dog and a paper Canadian flag as he said through his aunt that he was looking forward to going back to school and starting a new life.

Tima Kurdi wiped away tears as she greeted her relatives at the airport's arrival gates.

The reunion comes at the end of a difficult year for the family. Tima and Mohammed's three-year-old nephew, Alan Kurdi, drowned along with his five-year-old brother and their mother while crossing the waters between Turkey and Greece in September.

A photo of the boy's body face down in the surf sparked international sorrow and momentum to help Syrian refugees. Alan's father, Abdullah Kurdi, decided to attempt the treacherous trip after his brother Mohammed's original refugee application was rejected by the Canadian government because it did not have the necessary documentation. THE CANADIAN PRESS

Syrian refugees Rezan Kurdi, 8, and his sister Ranim Kurdi, 10, share a laugh. DARRYL DYCK/THE CANADIAN PRESS

CHARITY

Alumnus donates third Rembrandt painting to Queen's U.

Rembrandt's Portrait of a Man with Arms Akimbo. CONTRIBUTED

Queen's University has been crowned the king of Rembrandt after an alumnus gifted the school with a multimillion-dollar painting by the Dutch master.

Alfred and Isabel Bader's donation of Portrait of a Man with Arms Akimbo to the University's Agnes Etherington Art Centre makes the school home to the largest collection of Rembrandt paintings in Canada.

"It really establishes the Agnes and Queen's University as a major destination for the study and enjoyment of Rembrandt in North America," said Jacquelyn Coutré, who curates the Bader collection for the museum.

Every Rembrandt in the school's collection was donated by the Baders — all three of them.

$60M

The estimated value of Portrait of a Man with Arms Akimbo based on recent Rembrandt sales.

Rembrandt paintings adorn few Canadian walls.

The Montreal Museum of Fine Art, National Gallery in Ottawa, and the Art Gallery of Ontario count themselves among the lucky Canadians to house his paintings, as well as etchings and prints.

The Baders purchased the painting in 2011 from Las Vegas casino mogul Steve Wynn, who had reportedly paid $33.2 million US at a Christie's auction in London.

Otto Naumann, a New York City-based art dealer who brokered the sale to the Baders, declined to say how much money changed hands. But he estimates the painting's current value at $60 million US based on recent sales of Rembrandt works.

Alfred Bader earned undergraduate degrees in arts and science before graduating from Queen's with a master's degree in science and going on to complete a PhD at Harvard and establish a chemical company.

During a period of almost 50 years, he and his wife have donated more than 200 artworks, and supported graduate students and professors over many decades of philanthropy. TORSTAR NEWS SERVICE

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IN BRIEF

Officer cleared in killing of black youngster
Cleveland's mayor says the city and police department will proceed with a review that could result in discipline against two officers involved in the fatal shooting of a 12-year-old boy with a pellet gun. A Cuyahoga County grand jury declined earlier Monday to criminally indict the officers in the killing of Tamir Rice. THE ASSOCIATED PRESS

Iran relinquishes much of its uranium to Russia
A nuclear deal with Tehran moved closer to implementation Monday, with U.S. Secretary of State John Kerry announcing that tons of enriched uranium that could potentially be turned to use in atomic arms were on a ship heading from Iran to Russia. THE ASSOCIATED PRESS

China tightens restraints on terrorism reporting
China said Monday it would impose new restrictions on media reports about domestic terrorism, as it continued to deride a French journalist being forced to leave the country for questioning Beijing's claims about the terrorist threat it faces. THE ASSOCIATED PRESS

Doctor may argue cough syrup made him kill family
Attorneys for a Seattle doctor charged with aggravated murder may argue that their client was suffering from cough-syrup-induced psychosis, which led him to kill his partner and toddler in 2011. THE ASSOCIATED PRESS

Man killed by exploding condom machine: Police
Police in Germany say a man has died after he and two others blew up a condom machine and he was hit in the head by a flying piece of metal.
THE ASSOCIATED PRESS

Motörhead frontman Lemmy Kilmister dies
The frontman of the band Motörhead, Lemmy Kilmister, has died at the age of 70 after battling cancer.

GETTY IMAGES

The band announced in a Facebook post that the rock icon learned of the disease the day after Christmas. "We will say more in the coming days," the post said, "but for now, please ... play Motörhead loud."
TORSTAR NEWS SERVICE

Authorities condemned for death of grandma, student

CHICAGO

Police already under scrutiny for killings of black residents

The fatal shootings of a woman who worked with anti-violence community groups and a young man visiting his father for the holidays has raised further questions about the Chicago police department, already under intense scrutiny after the killing of a black teenager.

Grieving relatives and friends of the two victims, 55-year-old Bettie Jones and 19-year-old Quintonio LeGrier, gathered Sunday to remember them and criticize city officials who they said had once again failed residents.

Both Jones and LeGrier were black, and their deaths come amid a civil-rights investigation into the Chicago Police Department, launched after the release of police dashcam video showing a white officer shoot a black 17-year-old 16 times in 2014.

The latest shooting happened early Saturday morning at a small two-storey home, where Jones lived in a ground-floor apartment and LeGrier's father in an upstairs unit. Police, who were responding to an emergency call made by LeGrier's father after an argument with his son, have released few details beyond a brief statement.

Latonya Jones, 19, holds a photo of her mother, Bettie.
ASHLEE REZIN/CHICAGO SUN-TIMES, VIA THE ASSOCIATED PRESS

It said that officers "were confronted by a combative subject resulting in the discharging of the officer's weapon" and added that Jones "was accidentally struck."

It's not clear whether Jones tried to intervene before being shot or if she was hit by gunfire while answering the door.

Police did not disclose the race of the officer or officers, saying only that those involved will be placed on administrative duties.

"I used to watch the news daily and I would grieve for other mothers, other family members, and now today I'm grieving myself," LeGrier's mother, Janet Cooksey said at a news conference outside the residence earlier Sunday.

Antonio LeGrier said his son had emotional problems after spending most of his childhood in foster care. He described him as a "whiz kid" on break from Northern Illinois University, where he majored in electrical engineering technology. Cooksey denied that her son ever exhibited "combative behaviour."

Family spokesman Eric Russell said Jones' many grandchildren had hoped to thank her for their Christmas gifts over the weekend. THE ASSOCIATED PRESS

1

2

3

4

Skies bring misery across the world

1 UNITED KINGDOM

Prime Minister David Cameron, centre, greets British soldiers working on flood relief after the river Ouse burst its banks on Monday. Cameron toured the flood-hit historic city of York as cities, towns and villages across northern England battled to get back on their feet following devastating storms.
DARREN STAPLES/AFP/GETTY IMAGES

2 UNITED STATES

Workers cut up a tree that fell in Marion, Ind., after ice and winds hit the area Monday. A storm system amplified flooding in the Midwest that's blamed for more than a dozen deaths. Texas made disaster declarations for four counties. Oklahoma declared a state of emergency amid blizzards. Heavy rain caused flooding in Illinois and Missouri, where the governor also declared a state of emergency. JEFF MOREHEAD/CHRONICLE-TRIBUNE, VIA THE ASSOCIATED PRESS

3 ITALY

A cyclist wears a protective mask against smog as he pedals in Rome. A six-hour ban on cars on Dec. 28 and Dec. 29 was announced by Rome on Thursday, while Milan's anti-pollution measure sees six-hour bans those days and also on Dec. 30. The measures have been criticized as insufficient, with some calling for incentives to use public transport and urging citizens to turn down the heat at home.
GREGORIO BORGIA/THE ASSOCIATED PRESS

4 SOUTH AMERICA

A man rows through a flooded street in Concordia, Argentina, on Monday. Tens of thousands in several South American countries are spending the holidays in shelters over massive flooding caused by heavy rains. The floods come at the beginning of the Southern Hemisphere's summer months, meaning evacuees were also dealing with heat, humidity, mosquitoes and snakes.
NATACHA PISARENKO/THE ASSOCIATED PRESS

An Uber app user in front of the TD Centre on Wellington Street.
TORSTAR NEWS SERVICE

Uber more than rides

SHARING ECONOMY

Firm offers food, health care, courier services

Uber may have started out as a way to disrupt the taxi business, but it's setting its sights on becoming a more integral part of our life — doing everything from delivering meals to providing health care.

Here are some areas in which Uber already operates

Carpooling: Uber tried out carpooling during the Pan Am Games, when UberX drivers could pick up two passengers during a single ride.

Commuting: UberCommute was first tested in China, and is now expanding to the U.S. Drivers, not necessarily regular Uber drivers, can pick up a passenger on their commute to and from work.

Couriers: UberRush delivers courier items for companies in Chicago, New York and San Francisco. Uber drivers are also delivering packages for Amazon in Seattle and for Shopify businesses in three U.S. cities.

Health care: This fall, Uber drivers ferried registered nurses in 35 cities across the United States to give flu shots in a service called Passport Health. In Asia, Uber takes patients to medical appointments.

Food delivery: On weekdays, the UberEats service has drivers deliver three to five daily specials priced at $8 to $12 at lunch time within 10 minutes of ordering through the app. But it's been so popular that the company is now expanding with a separate app to offer full menus from more than 100 Toronto-area restaurants.

Charity: From delivering up-for-adoption kittens for 15 minutes of playtime for a $30 fee, to collecting donations for Goodwill, Uber offers specialty services for charities. It has brought ice cream trucks to downtown offices on hot summer days, and on the federal election day, it touted free rides to the polls for voters who were first-time Uber users.
TORSTAR NEWS SERVICE

IN BRIEF

Not Trump's cup of tea
Organic beverage maker Honest Tea says the Donald Trump quote, "If you're going to think anyway, you might as well think big. Donald Trump" is being phased out from its bottle caps after a customer tweeted an image of a cap with the quote.
THE ASSOCIATED PRESS

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E-COMMERCE

More shoppers go online, Amazon says

Online retailer Amazon has been a prime beneficiary of more consumers doing their holiday shopping online and procrastinating.

Amazon Prime, the company's $99-a-year loyalty program that includes unlimited free two-day shipping, gained three million new members in the third week of December alone. Meanwhile, the number of Prime members shopping via mobile more than doubled this holiday season, Amazon said Monday.

Christmas Eve was the biggest day yet for deliveries by the company's Prime Now service, which now offers free two-hour delivery to more than 20 metropolitan areas.

70%
The percentage of customers that Amazon said used a mobile device to shop during the holidays.

Seattle-based Amazon also said it shipped a record number of items worldwide for the holidays, with items going to 185 countries.

The 20-year-old company is profiting from major trends reshaping holiday shopping in the U.S.

More and more people do part or even all of their shopping online, increasingly using mobile devices such as tablets and smartphones to "window shop" and then buy items from their couch or their desk at work.

Amazon said nearly 70 per cent of its customers this holiday used a mobile device to shop. Worldwide, on Cyber Monday alone, those customers ordered more than 35 electronic items per second and Adele's new CD, 25, every three seconds.
THE ASSOCIATED PRESS

Bus Service Changes

Starting January 2nd, 2016
Be sure to check your new schedule.

There will be new trips, changes to some routes or times including earlier departures, and some discontinued trips.

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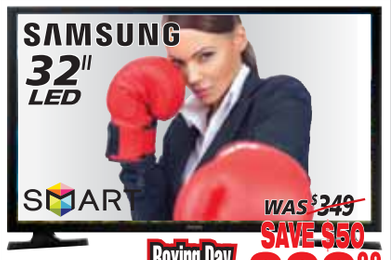

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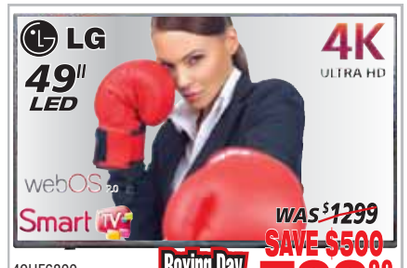

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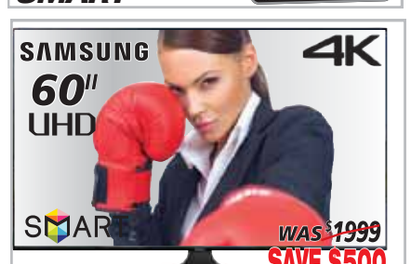

UN60JU6390

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metro VIEWS
Your essential daily news
Tuesday, December 29, 2015

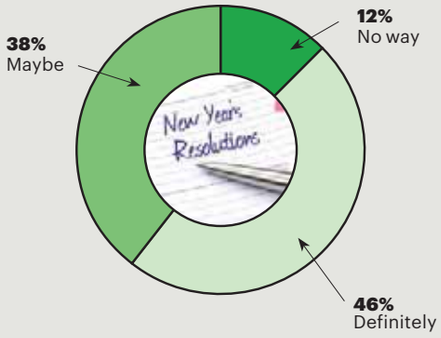
Metro POLL

New Year's resolutions

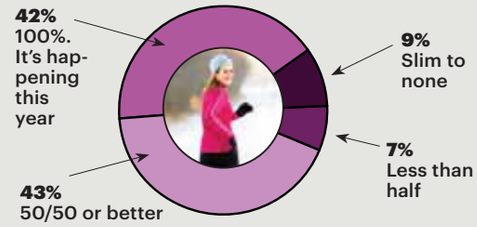
Visit metronews.ca **every Friday to have your say.**

New Year's resolutions are a hard habit to break, aren't they? If you want to succeed, consider a list of New Year's questions. Consumer research suggests people respond more positively to questions about behaviour than to lectures. This is the "question-behaviour effect." For example, an ad that says, "Start losing weight!" may not be as effective as one asking, "Are you going to start losing weight?" What works for advertisers might work for you. So we ask: Do you want to succeed? We polled Metro readers on their New Year's Resolutions.

1 Will you make resolutions for 2016?



2 What are the chances you'll keep at least one resolution?



3 What will your goals for the coming year be about?

18% Healthy eating
17% Fitness
16% Weight loss
14% Managing money
11% Learning a new skill
8% Spending more time with loved ones
7% Reading more
7% Busting bad habits like drinking, smoking, gambling or watching too much TV
2% Other option

WE ASKED Metro readers

Handy Jan. 1 hangover science

Genna Buck
Metro | Toronto

For one of the most common complaints on Earth, hangovers are poorly understood.

Interest has been growing, thanks in part to academic organizations like the Alcohol Hangover Research Group. (Really. Their logo is a tipped-over glass of wine).

Sadly, findings have been as cloudy as a properly poured black-and-tan. There's no miracle cure for a hangover — which is actually a complex, whole-body recovery process from a mild case of poisoning with ethanol, the drinking alcohol we know and love.

So here's my New Year gift: A sampling of suspected hangover causes and (not-quite) cures. Use this knowledge in moderation.

Cause: Dehydration. As you've heard, alcohol is a diuretic. But doesn't just make you pee more (and possibly vomit, if you overdo it). It throws the whole hormone system that regulates water balance out of whack, giving you a pounding headache.

Cure: Water, which has an added benefit: When you're drinking it, you're not drinking wine.

Cause: Sugar crash. Alcohol spikes insulin and sends blood sugar tumbling as surely as Justin Trudeau fake-falling down the stairs. And just as the PM's favourite party trick must do, the resulting hypoglycaemia induces fatigue, nausea, dizziness and crappy mood.

Cure: Carbs. Glucose (dried fruit) or any starchy meal should do the trick. That's likely why so many swear by the full English breakfast: Your body transforms potatoes and toast into sweet, sweet glucose.

Cause: Metabolites. Using enzymes, your body breaks down alcohol into smaller parts, some of which are nasty pieces of work. Worst is acetaldehyde, which causes nausea and vomiting, a hammering heartbeat, sweats and flushing. The effects can linger the next day like an obnoxious party guest. It's common for people of East Asian descent to be deficient in the enzyme that breaks down acetaldehyde, which is why so many experience flu-like symptoms and a flushed complexion after only mild imbibing.

Cure: Don't drink on an empty stomach. Not only does it insulate your gut from the irritating effects of a stiff drink, food helps your body absorb and break down alcohol at a slower, steadier pace.

A hangover is actually a complex, whole-body recovery process from a mild case of poisoning with ethanol

Cause: Cytokines. These are the villains. Well, actually, they're a diverse group of proteins that make your immune system work so you don't die. But drinking seems to unleash "cytokine storm" of molecules that promote inflammation, all-over achiness and brain fog. It's a milder version of what your body does fighting the flu. Researchers have even induced hangovers in totally sober people by injecting them with certain cytokines. Fun!

Cure: Anti-inflammatory drugs like ibuprofen. Your liver has done enough in the past 24 hours, don't add acetaminophen (Tylenol) to the mix.

Cause: Cogeners. Life is so unfair. Some byproducts of fermentation are poison. The foulest is methanol, which breaks down into formaldehyde and brings on a wicked headache. At higher concentrations, like what's in antifreeze, it can make you go blind

Cure: Hair of the dog. Yes, it really works. A mimosa in the morning can ease a hangover because your enzymes switch back to working on ethanol, which they're better at breaking down, leaving the methanol intact. As you might expect, the reprieve is temporary.

May I suggest one final remedy? Spout all the science you've learned about the downfalls of drinking too much. You'll get disinvited from every party, and you can go home and enjoy a nice non-toxic cup of tea.

metroview

Let's hope Americans resolve to end their obsession with guns

Michael Coren
For Metro

A few days ago two people in Chicago were shot dead by police officers responding to reports of a domestic disturbance. One of the victims was shot by mistake, and neighbours are referring to this as yet another example of "Shoot first, ask questions later."

Iowa state regulators intend to sue the police over an incident that occurred earlier this year when a police officer intending to shoot a dog slipped over and killed a young mother, in front of her three-year-old son.

In Missouri, a father accidentally shot his 17-year-old daughter and three days later, on Christmas Eve, the poor girl was taken off life support.

These are merely a handful of recent events involving gun deaths in the U.S. Hardly a day goes by without another example. Obviously there are numerous factors involved, including the relationship between the police and the black community, but central to all this is the American attitude toward gun ownership.

No sensible person is arguing for a totally disarmed police service or for all civilian ownership of guns to be illegal, but quite clearly the American situation has to change.

11 Americans have been shot by their dogs since 2004.

Too many Americans feel defined by their alleged right to own guns, and most politicians are intimidated into silence or even support by a massively well-financed and organized gun lobby.

The entire political and ethical argument is based on a misunderstanding, and often a downright misinterpretation, of the Second Amendment of the U.S. constitution. What was originally intended to empower individual states and allow them to maintain their own militias has been perverted to support individual ownership of weapons. That was certainly not the intention back in 1791.

Put simply, most guns in the U.S. are unnecessary, the police use them far too often and civilians assume guns solve problems to an obscene degree. Good Lord, at the risk of sounding flippant, 11 Americans have been shot by their dogs since 2004!

In Britain recently, a mentally ill man influenced by jihadist propaganda stabbed an innocent bystander. The police overpowered him with Tasers, he was arrested and will go to prison. It's almost certain that in the U.S., and even here, he would be dead.

Gun partisans argue that people, not guns, kill. Actually, angry, irresponsible people in the U.S. with far too much access to guns kill. A lot. And that's hideous.

Rosemary Westwood returns Jan. 4

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Your essential daily news

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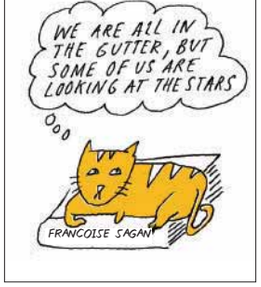

metro LIFE

Your essential daily news

Actors Sacha Baron Cohen and his wife, Isla Fisher, are donating $1 million for victims of Syrian conflict

OK I'll get right on that... next year

Cultural procrastination: The psychology behind New Year's resolutions

You're going to get fit, save more money and drink less booze. But when the clock strikes midnight, do you actually commit?

New Year's resolutions are easy to make and notoriously difficult to follow through on. According to one Carleton University professor, there's an easy way to explain it — cultural procrastination.

It's a theory that New Year's resolutions are rooted in themselves "culturally prescribed procrastination," meaning we're culturally primed to procrastinate by making a resolution for a future date, instead of committing now, said Tim Pychyl, an associate professor of psychology at Carleton and the author of Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change.

But that doesn't mean you should throw out your goals.

Here, Pychyl talks about why we procrastinate and how to give yourself a better shot at New Year's resolution success.

What is cultural procrastination?

We always have good intentions that we don't follow through on. That's what procrastination is — the gap between intention and action. When you look at New Year's, by definition, you're making your intention to start at least days from now, if not weeks or months from now. That gap between intention and action is why I call it culturally prescribed procrastination. Because if you recognize, for example, that you should get more fit, you should change your diet or you should quit smoking, there's nothing like a good intention now where no action is required to make you feel good. If you recognize these things, then why aren't you asking yourself the question, 'What can I do right now to make that change?' That's why New Year's resolutions by definition have an element of procrastination to them.

> **We want to feel good now. When we procrastinate, that's exactly what we get.**
>
> Tim Pychyl, associate psychology professor

What are some other examples of cultural procrastination?

That's the biggest one. There's always been this notion of a rebirth, hope springing eternal, a point where we get to start afresh. That's why New Year's, on the one hand, has a lot of virtue attached to it, and on the other hand, can be used in a backhanded way to perpetuate one's own procrastination.

So why do we do this — procrastinate?

(Laughs) Procrastination is an emotion-focused coping strategy. That's why New Year's resolutions are so perfect for this because it's a hedonic thing. We want to feel good now. When we procrastinate, that's exactly what we get. We're facing something we don't want to do and it's a mood repair, an immediate mood repair. So I'm looking at myself and I'm thinking, 'My pants are tight. I should lose a few pounds.' But the last thing you want to do is exercise so you make the intention for the future, which makes you feel good...

How should someone approach New Year's resolutions? Should we scrap them?

No. I think hope and the notion of starting again are very important. Say you do intend to do this in the New Year, then move away from these general, vague, anemic intentions to very specific implementation intentions. You also have to be prepared for the negative emotions Jan. 2. That's huge — you are not going to feel like it in the New Year. Just get started — that's my big mantra. Quite important too, is you have to have some self-compassion, particularly self-forgiveness. We've done a study that shows procrastinators that forgive themselves after procrastinating are less likely to procrastinate in the future. When we procrastinate, if we don't forgive ourselves, the motivation is to avoid.

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Don't break pace this winter

RUNNING

No need to join a gym to train for that marathon

Keep moving and you'll generate enough heat to stay warm. TORSTAR NEWS SERVICE FILE

No, your lungs won't freeze.

That fear is one of many that keeps some runners from getting outside in winter as well as fear of slipping and fear of frostbite. But you can run all winter long, no matter how far the mercury slips below zero.

Most people will be just fine — as long as they keep moving, seasoned winter runners say.

Ask ultra-marathon runner Katherine Yager. She ran 1,000 kilometres between December and March last year training for a spring "50-miler" or 80-km race in Haliburton, Ont.

She covered 22 km on the treadmill. For the rest, Yager faced the polar vortex. Her nose ran uncontrollably and her eyelashes froze together.

"I don't think any cold is too cold," she said. It's uncomfortable, sure, and she worried about frostbite, but it was road conditions that drove her inside: ice increased the risk of a slip and fall and the odd blizzard made it hard to see.

Yager, 26, dresses strategically, arranges her longer runs for milder days, fills her bottle with warm water and tries to head out during the meagre hours of winter sunlight.

"I find it really rewarding in the winter to know I've spent all this time outside and people spend all day inside," she said. "We live here and winter is a part of that. I like being able to run outside all year round."

If you keep running, you will continue to generate enough body heat to stay safe, said Matthew Cramer, a post-doctoral fellow at the Institute for Exercise and Environmental Medicine at the Texas Health Presbyterian Hospital. Cramer, from Toronto, did his doctorate at the University of Ottawa and studies the interaction between endurance and temperature.

In the two decades that Burlington, Ont. has hosted the Chilly Half Marathon, in early March, it's never been cancelled because of inclement weather, said race director Kelly Arnott. Five of those years have brought extreme cold or storms, but 3,500 runners are expected on March 6, 2016.

No one suffered hypothermia during the event, as far as Arnott knows. However, finishing times might be slower.

That cough and shortness of breath some people experience when they exert themselves in the cold is known as exercise-induced bronchoconstriction, and has more to do with winter's dry air than the temperature, no matter how cold.

Less blood may be diverted to the skin to conserve heat. Exposed fingers might experience the "hunting response," which is an occasional resupply of warm blood to cold extremities; though frostbite can also happen with prolonged exposure to the cold.

Run all the way to your front door: as soon as you slow down, a combination of sweat evaporation, a drop in heat generation and wet clothes will make you feel even colder. Overdressing and thus overheating can cause the same problem, so choose your winter workout gear with care.

It's also a myth that you always lose the most heat through the head. What is not covered will lose heat. But the ears and nose have a higher risk of frostbite than some other parts of the body because they are far from moving muscles that generate warmth.

Despite predictions of an upcoming winter more mild than miserable, even the most dedicated runners need added protection from the wind and snow.

"People underestimate their ability to handle the cold when they're running," said Mike Anderson, co-owner of Toronto's retail store and training hub Black Toe Running. "One of the most common things we hear is that people are scared to run in the cold ... But running in winter is actually extremely enjoyable."

That is, if you're dressed for it. Run with a friend and bring a TTC token or some cash just in case. TORSTAR NEWS SERVICE

LAYERS

Runners will often remember a thermal base layer or windbreaker, but sometimes forget about the legs, said Mike Anderson, who sells "bun warmer" shorts and thermal boxer briefs worn underneath running tights at Black Toe Running. Layers of technical material or thin merino wool make more sense than feather down, which can actually be too warm, he said. A running jacket's primary purpose is wind protection and should have good ventilation, and it's a good idea to start out cool and warm up with effort. Don't wear a regular winter jacket — you will overheat and when sweat dries, it could freeze.

Sugoi MidZero Bun Toaster shorts

UA Layered Up Beanie

VISIBILITY

Jackets that glow in the dark, shoes and socks with reflective patterns, brightly coloured vests: anything that helps drivers see runners, especially at night, is recommended. You can also buy tiny flashing lights that attach to outerwear to alert drivers and others. "When it gets cold, people who aren't running, who are in cars, forget there are people crazy enough to run in that weather," Anderson said.

Fuel LED Armband

TOUCHSCREEN GLOVES

"Technology in running apparel has really advanced over the past couple of years," he said. Runners can use their phones to update their running apps or take a photo — or Uber an escape — without having to remove their gloves.

For very cold days, mittens will keep hands toastier than gloves, but some can be converted back to gloves after a warm-up.

MEC Deploy Run Gloves

FOOTWEAR

The uneven terrain of snow and ice can actually strengthen a runner's leg muscles, but it can also wear them down.

"People are more prone to overuse injuries in winter than they are in the summer," Anderson said. Many runners wear compression stockings to improve circulation and stability, and some wear trail shoes or Yaktrax, a slip-on traction device worn over the shoe. Also try to avoid slush puddles, because no shoe is really waterproof.

Nike Air Zoom Pegasus 32 Flash

Bridgedale Merino Fusion Vertige Socks

GOGGLES

Some websites recommend ski goggles and some runners swear by their polarized lenses on those cold, sunny days when the snow is blinding, even if it looks goofy.

"I'll just say we do not carry goggles," Anderson said, laughing. "But more power to them for getting out there."

Others wear sport sunglasses, which look a little more reasonable. You can wear a balaclava to keep your face warm.

Oakley Radar Path Photochromic glasses

Products on the market now can help protect your blowout for at least a week. GETTY IMAGES

Don't let that blowout fall flat

HAIR CARE

Try these products to preserve that pricey 'do

The lifespan of a good blowout is often cut short far too quickly. We've gathered the latest products to keep your hair looking its best for at least a week.

La Vita Glam

Dannah M. Everatt, the Toronto-based founder of La Vita Glam was inspired by an Old Hollywood beauty secret — sleeping on a silk or satin pillowcase to preserve your 'do (think Marilyn Monroe) — but was unable to find quality satin and silk pillowcases. Seeing the opportunity to revive the trend, Everatt spent more than a year testing the finest fabrics. She eventually came up with the sleek GlamPillowslip.

Unlike cotton pillowcases, silk and satin ones won't cause friction and tugging on hair while you sleep. "Your hair just slides over the pillow," she says. La Vita Glam pillowslips retail for $30 (Queen size) and are machine washable. She also offers a Hair Slinky — a ponytail holder so women can work out with a blowout (a pack of three go for $8).

Rain Diva

There's nothing worse than spending all that money and time on a gorgeous blowout only to face the rain. Rain Diva "have spent years perfecting the ideal hat to specifically protect a woman's hair" from rain, according to its website. The hat has a protective pocket (called a snood) that folds under, allowing long hair to fit without compromising the style. Once your hair is secured in the Rain Diva, your blowout is completely protected. Blowout expert and founder of two Toronto-based blowout bars, called the Blow Dry Lounge, Beni Sicilia, who sells the product, says his clients "love them." They're available online, starting at $15.

The Morning After Shower Cap

One of Silica's best-selling products is the $20 Morning After Shower Cap. "They fit really well. Unlike most shower caps, the inner lining is all water proof, made out of flannel," so the hair doesn't stick to it, he explains. "It's tight around the forehead so no water can get in." Sicilia suggests to always take off the Shower Cap after you get out of the washroom, so no moisture gets to your hair.

TORSTAR NEWS SERVICE

Ontario Energy Board

THERE'S HELP FOR LOW-INCOME HOUSEHOLDS

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Here's how it works: Low-income households can receive a credit on each electricity bill. The amount will depend on how many people live in your home and your combined household income.

Apply Now. OntarioElectricitySupport.ca 1-855-831-8151 (toll-free within Ontario)

FASHION FORCE RODARTE STAR WARS GOWNS AT THE ROM The Royal Ontario Museum has three of Rodarte's Star Wars dresses featuring images from the film saga on display until Sunday, Jan. 3. "These are fantastic, digitally-printed designs that only the Rodarte sisters (Laura and Kate Mulleavy) could come up with. They are a modern rendering of their childhood memories blended with their adult, feminine aesthetics into glamourous and beautifully made evening wear," said Alexandra Palmer, a senior textiles and costume curator at the museum, in a press release. The three dresses are on loan from Nicholas Mellamphy, vice president and buying director, The Room and Personal Shopping, Hudson's Bay, and are expected to become part of the museum's permanent collection. CONTRIBUTED

THINGS TO DO OVER THE HOLIDAYS

Seasonal spooks

Guelph-based illustrator Seth has brought a pair of classic ghost stories, One Who Saw by A.M. Burrage and The Signalman by Charles Dickens, to life with new drawings. The concept harkens back to the commonwealth tradition of telling ghost stories on Christmas. Pick up these stories for $9 at biblioasis.com.

See wild things

Travel to the island of the wild things — temporarily located at the Toronto Reference Library. TRL is hosting a Maurice Sendak retrospective to mark the 50th anniversary of Where the Wild Things Are. Step inside a replica of Max's red-and-yellow sailboat and browse the 50 works on display. TD Gallery, Main Level, TRL, 789 Yonge St.

TORSTAR NEWS SERVICE

It's time to lose the weight and keep it off!

The Robert Schad Naturopathic Clinic (RSNC) invites you to a **FREE** information session to learn more about *Be Your Best Self*, a naturopathic weight management and healthy lifestyle program.

Topics will include:

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Where: Canadian College of Naturopathic Medicine
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ROBERT SCHAD NATUROPATHIC CLINIC

Meet MOCCA's CEO and master planner

VISUAL ARTS

Chantal Pontbriand has a vision for a 21st century gallery

Chantal Pontbriand the CEO and Director of the new Museum of Contemporary Canadian Art (MOCCA). TORSTAR NEWS SERVICE

Graffiti covers the walls and windows of MOCCA's new home, the Automotive Tower on Sterling Road. By early 2017, the building will be transformed. TORSTAR NEWS SERVICE

It took until December, but a small recent development seems to prove that Chantal Pontbriand, she of London (at the Tate Modern), Paris (at the Sorbonne), Montreal (home base) and many points in between — Venice, Athens, Munich — has finally rooted in Toronto.

The clincher? A 647 mobile phone number.

"I just got it a couple of weeks ago," laughed Pontbriand recently. "It's a nice thing, really. It feels like I'm from there now."

More convincing, perhaps, was the news this fall that Pontbriand, an international contemporary art curator and critic in perpetual motion, had been plucked as the first-ever CEO and director of the Museum of Contemporary Canadian Art set to reopen in 2017 in a dramatic new space.

You can expect her to elaborate a little more on her new digs on Jan. 13, when she delivers a sort of inaugural address: a public lecture at the Art Gallery of Ontario appropriately titled Moving. ("It's sort of a cute idea," she said.)

Still, with Pontbriand, one can never be sure. Since 1975, when she launched Parachute, the influential journal of contemporary art and ideas that enjoyed a devoted international following right up to when it was shuttered in 2007, Pontbriand has been as much a global citizen as anyone.

A stint in charge of the Montreal Museum of Fine Art's public programs department from 1976 to 1979 gave way to a global wanderlust engaged with dramatic, often politically charged shifts in art of the day.

Parachute was the vehicle by which she would travel: As it slowly built into one of the most engaged, influential cultural publications in the world — it began publishing in both French and English, expanding its reach — Pontbriand became increasingly known in a field of innovative, internationally minded curators.

In recent years, she seemed comfortably ensconced in that global swim. With a list of independent exhibitions all over the world too long to name, she joined London's Tate Modern in 2010 as head of exhibition research and development, and the Sorbonne in Paris, where she was appointed associate professor in the curatorial studies department in 2012.

So why here, and why now?

"We're starting from zero," said Pontbriand, who, at 67, is garrulous and energetic, with poker-straight black hair and an elegant, minimal aesthetic (on the day we met, it was a long white coat over black, head to toe). "There is room now for a real contemporary art museum, a 21st-century museum. And this is going to be it."

Whatever else it was or may be, the new MOCCA presented her with a blank slate: The museum shuttered its doors on Queen St. W. in September after a decade of unheard-of conviviality for an art museum here — its openings were raucous, late-night affairs, spilling out into the street — and announced, finally, a move: To the Automotive Tower on Sterling Road, a sturdy, derelict 100-year-old semi-skyscraper in a light-industrial valley in the city's west end.

"It's so charismatic!" Pontbriand effused. "This is the kind of building that will grab the attention of the world."

Demolition has barely begun on its 10 floors, an undetermined number of which will be occupied by MOCCA, starting with the ground floor (it had initially secured three, but is hoping for more). By early 2017, though, Pontbriand's 21st-century museum will be up and running.

Beyond its graffiti-festooned walls and broken windows, her view is clear, and she's had some practice.

"When I was at the Tate, my idea of the museum was as a live newspaper," she said. "And it had to have an editorial position very closely linked to ethics. And what is ethics about? It's the idea of a better life for all."

How a museum can facilitate such a thing is the long-held, best hope of such institutions: To elevate the best of human experience through creativity.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

A performance to remember

THE SHOW: Adele Live in New York City (NBC)
THE MOMENT: The standing ovation

Adele brings the audience to their feet at Radio City Music Hall. CONTRIBUTED

At the climax of this invitation-only, one-night concert at Radio City Music Hall — her first North American performance since 2011 — Adele stands on stage, radiant in a Swarovski crystal-studded Jenny Packham gown, belting out When We Were Young.

She's been detonating emotional depth charges all night. As she begins this song, her voice is full of power and emotion. As she continues, incredibly, she keeps increasing both. By the end, she's reached such swelling, soaring heights that it's amazing her heart doesn't burst. The audience has no choice but to rise to its feet. Adele's eyes fill with tears; for just a moment, she turns away from them, clutching her chest. She turns back. "I've missed you all so much," she says. "I usually can't remember these nights, but I'll remember this."

Nobody doesn't like Adele, and this moment is why: She has just slayed the audience; she has murdered them. Yet she's as moved and grateful and they are. Her vibe — a singular mix of talent and sincerity — is the polar opposite of our other reigning queen, Beyoncé. No one can do untouchable perfection like Beyoncé. She makes us want to worship her. Her grins are a relief (she's still human!), but they're an adjunct to what she's about.

Whereas Adele's perfection is that she's always so human. She can pile on all the eyeliner and hair extensions she wants, but she'll forever be the girl we want to wrap our arms around and gather to our hearts.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

PICK-AND-PAY

Cable bill for sports fans may not change much

James Rehor is a TV fan, he's just not a fan of his monthly bill. So count him as one of the Canadians anxiously awaiting regulatory changes promising more choice in cable packages and the prospect of a cheaper bill.

Beginning March 1, 2016, Canadian TV providers will have to offer a basic package of channels for no more than $25 a month and give consumers the option of ordering individual channels à la carte or in small bundles. By December, TV providers must offer both à la carte ordering and small channel bundles.

Rehor says he'd love to whittle down the 120-odd channels he gets from Cogeco to the dozen or so he actually watches. Rehor says he pays about $53 a month for cable now. Depending on à la carte pricing, he'd be tempted to subscribe to the so-called "skinny basic" package of mandatory stations and supplement with his favourites, like Leafs TV, TSN and Sportsnet.

Cable carriers have yet to discuss pricing but industry expert Gary Pelletier expects big bundles will remain the most cost-effective option for households seeking variety.

"Clearly the most expensive (channels) will always be sports," says Pelletier, president of the Canadian chapter of the Cable & Telecommunications Association for Marketing.

"At the end of the day, for sports watchers, their cable bill will probably stay the same or increase, maybe.... In the case of someone who doesn't watch any sports at all, their bill will probably decrease."

There will almost certainly be a thinning of the dial as less-popular channels are forced to shut down, he says.

But lower ratings don't necessarily mean a channel is doomed, says Shaw Media president Barb Williams, whose stable of 19 specialty channels includes HGTV, Slice, Food Network, IFC and DTour. Niche channels could have a dedicated audience willing to pay more, she suggests.

In the event a channel dies, its strongest content doesn't have to die with it, she adds, noting that flagship programs could move to another channel or migrate to other platforms.

THE CANADIAN PRESS

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metro SPORTS

Patriots head coach Bill Belichick stood by his decision Monday to kick off to start overtime Sunday. The Jets scored quickly to win 26-20.

Canada's Lawson Crouse, bottom left, fights to get the puck in the net against Denmark goalie Mathias Seldrup, Christian Mierlitz, top left, and Alexander True in Helsinki, Finland, on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Canucks cut loose with rout of Danes

WORLD JUNIORS

Canada follows up opening loss with six goals

Mitch Marner took off his sandal, held it up like a microphone and joined the reporters interviewing teammate Dylan Strome.

Strome laughed and swatted away his friend's shoe before continuing to answer questions about Canada's forward lines after a 6-1 victory over Denmark on Monday in the preliminary round of the world junior hockey championship.

It's obvious that Canada's junior team has loosened up on and off the ice after a disappointing 4-2 loss to the United States on Saturday to open the tournament.

"I think our line was having fun, for sure. I think the whole team was too," said Marner, who was paired with Brayden Point and John Quenneville for the first time at the international event. "It's nice going out and doing that especially after the USA game. It's nice to get the confidence back in the room. We've got to make sure we come back tomorrow and make sure we're ready to play."

Canadian head coach Dave Lowry said after the opening loss that his players needed to stop overthinking plays and shoot more often. They delivered Monday by firing 58 shots on Denmark's goalie Mathias Seldrup, more than twice as many as Canada had against the Americans.

"We just wanted to get more pucks to the net," said Marner. "I think that was the problem in our first game we didn't get enough pucks to the net. We really focused on trying to get bodies in front of the goalies.

"Every goalie in this tournament is great when they see the puck so we just got to get bodies in front of them and make sure we get pucks there."

Marner and Strome had a goal and an assist each for Canada (1-1), while Anthony Beauvillier, John Quenneville, Matt Barzal and Lawson Crouse also scored at Helsinki Ice Hall.

"We like winning," said Marner, who was selected fourth overall by the Toronto Maple Leafs in last summer's NHL draft. "Everyone played really well tonight, we had great depth, everyone got a point on our team almost. Any line can score on our team."

Mason McDonald faced 11 shots in total — none in the third period — only allowing a goal on a deflection off the skate of Danish forward Alexander True.

It's expected McDonald will give way to Mackenzie Blackwood on Tuesday when the Canadians face Switzerland (0-2). Blackwood had to serve the final two games of an eight-game suspension before suiting up for Canada. THE CANADIAN PRESS

MONDAY'S OTHER RESULTS

Sweden withstands the United States' best shots
Alexander Nylander scored and Linus Soderstrom made 46 saves as Sweden blanked the United States 1-0.

Sweden (2-0) leads Group A with six points while the U.S. fell to 1-1 with the loss.

The Americans outshot Sweden 46-23.

Russia prevails over Finland
Kirill Kaprizov had a goal and an assist and Yegor Korshkov chipped in with three assists as Russia earned a 6-4 win over Finland in Group B.

Czechs blank Slovakia
Dominik Lakatos and David Pastrnak scored as the Czech Republic defeated Slovakia 2-0.

NHL IN BRIEF

Kane says he's innocent in sex offence investigation
Buffalo Sabres forward Evander Kane said Monday he has done nothing wrong and is looking forward to clearing his name amid a sex offence investigation.

Kane spoke for about 30 seconds in the Sabres locker room on Monday morning following the team's skate before its game against the Washington Capitals. It was the first time Kane was able to comment since The Buffalo News was the first to report a day earlier that he was the subject of the investigation by Buffalo police. THE ASSOCIATED PRESS

Flames' Gaudreau named the week's first star
Calgary Flames left-winger Johnny Gaudreau was named NHL first star of the week on Monday.

He led all players with five goals in two games last week. Gaudreau had a hat trick in a 4-1 win over Winnipeg on Dec. 22 and scored two goals in a 5-3 win over Edmonton last Sunday.

Dallas Stars goaltender Antti Niemi (2-0-1, 1.02 GAA in three games) was the second star and Toronto Maple Leafs centre Tyler Bozak (four goals and assist in three games) took the third star. THE CANADIAN PRESS

AWARDS

Henderson named top female athlete

10

Soccer player Kadeisha Buchanan of Brampton was well back in second place in the voting with 10 votes (17 per cent).

Red-eye flights, pre-tournament qualifiers and last-minute travel plans were often the norm for golfer Brooke Henderson in her first season as a professional.

At the start of the year, she hoped to post some decent results and use her rookie campaign as a learning experience. Henderson did much more than that in 2015 — she became the first Canadian to win on the LPGA Tour in more than a decade and rocketed into the top 20 in the world rankings.

Not bad for someone who just celebrated her 18th birthday a few months ago.

Henderson capped her impressive season Monday by winning the Bobbie Rosenfeld Award as The Canadian Press female athlete of the year. She picked up 21 votes (37 per cent) in the annual survey of editors and broadcasters from across the country.

"I'm hoping this is just the start of a pretty long career, and one where I can chase after some bigger dreams and goals that I've set for myself," Henderson said.

"Really I think that there are no limits and I think anything is possible. My 2015 year proves that it's true — that anything is possible." THE CANADIAN PRESS

Brooke Henderson became the first Canadian to win on the LPGA Tour since Lori Kane in 2001. HARRY HOW/GETTY IMAGES

Gunners pull ahead

PREMIER LEAGUE

'Focused' Arsenal fixes problems from Boxing Day

Arsenal moved to the top of the Premier League with a 2-0 win against Bournemouth on Monday, while Manchester United manager Louis van Gaal said there was "not any reason" for him to resign despite a 0-0 draw with Chelsea extending his team's winless run to eight matches.

Gabriel Paulista and Mesut Ozil led Arsenal to the top — for 24 hours at least — with goals in each half.

The victory was an authoritative response from Arsenal after losing 4-0 to Southampton on Saturday. Arsenal is a point clear of second-place Leicester and four points above Tottenham and Manchester City. Leicester can replace Arsenal at the top by beating City on Tuesday.

"We were focused from the start," Arsenal manager Arsene Wenger said. "It took us a while to get going, but (we) were in control of the game and did very well."

At Old Trafford, United missed good chances against Chelsea in its bid to end its four-match league losing run dating back to Nov. 21 against Watford.

Juan Mata and Anthony Martial hit the woodwork while Thibaut Courtois denied Ander Herrera from point-blank range and Wayne Rooney missed from six yards late.

Chelsea also had chances to score, with David De Gea turning John Terry's header over the bar, before making a double save from Pedro and Cesar Azpilicueta early in the second half.

The draw leaves United five points behind the Champions League positions, but Van Gaal, who said he could resign as manager after a defeat at Stoke two days ago, was encouraged by his team's display.

"When the players can give such a performance, when there is a lot of pressure, then it is not any reason to resign for me," Van Gaal told BT Sport. "I shall not do that. It is not a question of staying, it is a question of fulfilling my contract."

Elsewhere, Tottenham won its third straight league match to provisionally go third with a late 2-1 victory over 10-man Watford, while Stoke beat Everton 4-3 with a last-minute penalty from Marko Arnautovic.

Also Monday, Norwich beat last-place Aston Villa 2-0, West Bromwich Albion defeated Newcastle 1-0 and Crystal Palace drew 0-0 against Swansea.

West Ham also came from a goal behind to beat Southampton 2-1 and move seventh in the standings. THE ASSOCIATED PRESS

170

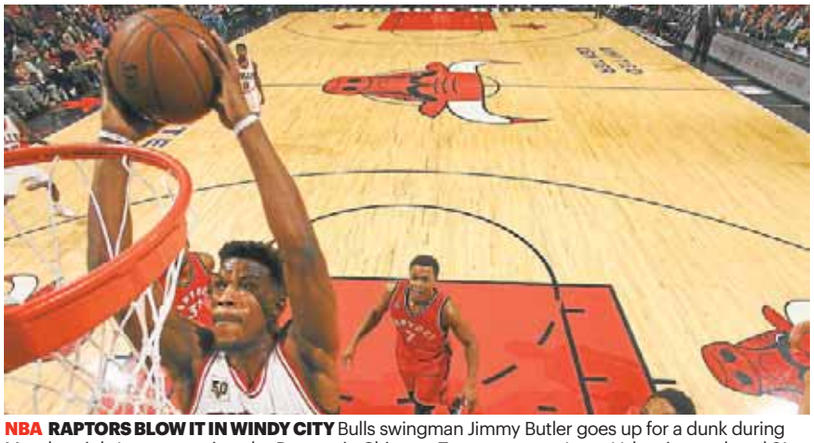
Arsenal's Petr Cech set the Premier League clean sheet record on Monday with his 170th shutout.

DIVISION TABLE

	GP	W-D-L	Pts.
Arsenal	19	12-3-4	39
Leicester	18	11-5-2	38
Tottenham	19	9-8-2	35
Man. City	18	11-2-5	35
Crys. Palace	19	9-4-6	31
Man. United	19	8-6-5	30
West Ham	19	7-8-4	29
Watford	19	8-5-6	29
Stoke City	19	8-5-6	29
Liverpool	18	7-6-5	27
Everton	19	6-8-5	26
S'hampton	19	6-6-7	24
West Brom	19	6-5-8	23
Chelsea	19	5-5-9	20
Norwich	19	5-5-9	20
B'mouth	19	5-5-9	20
Swansea	19	4-7-8	19
Newcastle	19	4-5-10	17
Sunderland	18	3-3-12	12
Aston Villa	19	1-5-13	8

Champions League
Europa League
Relegation

Mesut Ozil has three goals and 16 assists at the centre of Arsenal's attack in 2015-16. ADRIAN DENNIS/AFP/GETTY IMAGES



NBA RAPTORS BLOW IT IN WINDY CITY Bulls swingman Jimmy Butler goes up for a dunk during Monday night's game against the Raptors in Chicago. Toronto centre Jonas Valanciunas played 21 minutes in his return from a 17-game injury absence but the Bulls won 104-97 to end the Raptors' nascent win streak at two games. GARY DINEEN/NBAE VIA GETTY IMAGES

IN BRIEF

'Fabricated': Institute says Manning report is false

The founder of an Indianapolis medical clinic says the man who claimed Peyton Manning used HGH in 2011 did not even work there until two years later and "fabricated" his allegations.

Dr. Dale Guyer, who started The Guyer Institute, says "with absolute certainty" that the allegations about Manning are false.

The accusations are in a report by Al Jazeera, based on secret recordings of an unpaid student intern at the facility. Charles Sly now says he fabricated those stories.

Guyer said Sly was a pharmacy student in Nevada in 2011, when Manning was undergoing treatment, and that Sly did not begin working at the clinic until Feb. 18, 2013. THE ASSOCIATED PRESS

Peyton Manning GETTY IMAGES

Yankees acquire Chapman

The New York Yankees have bolstered an already dominant bullpen, acquiring hard-throwing All-Star closer Aroldis Chapman from the Cincinnati Reds for four minor leaguers.

Chapman became available after the Reds' deal with the Los Angeles Dodgers fell through three weeks ago as Florida police investigated an accusation of domestic violence involving the Cuban left-hander. THE ASSOCIATED PRESS

NCAA BASKETBALL

'Next LeBron' Simmons has it all except wins

For all of his gaudy numbers, LSU freshman sensation Ben Simmons is still trying to figure out the best way to put the Tigers in position to win.

And now the schedule gets harder, starting with Tuesday night's tilt against Wake Forest, followed by the opening of Southeastern Conference play against Vanderbilt and No. 10 Kentucky.

It's possible the top NBA draft pick next year could miss the NCAA Tournament in what is widely expected to be his only season of college basketball.

With LSU at 7-4 and currently unranked, it would seem the pressure is rising on Simmons and Co., but the versatile six-foot-10 forward expresses only eagerness and joy at thought of what lies ahead.

"I'm ready to play. I want to play the best, no matter who it is," Simmons said. "So if it's Wake Forest, Vanderbilt, Kentucky, whatever it is, I'm ready.

"I get excited for that, hearing about guys going off for 30 or whatever it is, or teams crushing other teams," Simmons continued. "I'm ready to play them."

Through 11 games, Simmons has averaged 19.1 points, 13.1 rebounds and 5.8 assists. He has blocked 15 shots this season.

BACKGROUND

Ben Simmons grew up in Australia, where his American father, Dave, played and coached professional basketball.

Ben Simmons moved to Florida for high school, playing for Montverde Academy.

Yet the Tigers lost four of their first eight games, before rattling off wins in their past three albeit against underdogs Gardner Webb, Oral Roberts and American.

Still Simmons is confident that LSU can start winning more even as the competition becomes more challenging.

"We're getting better. Every day we're improving and stepping up to teams that we have to play no matter who it is," Simmons said. "No one came here to play people who aren't that good. Everyone wants to play the best and everyone on my team wants to do that, so we're ready." THE ASSOCIATED PRESS

Ben Simmons GETTY IMAGES

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RECIPE Grilled Cheese with Mushroom Melt and Pears

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

What's an easier dinner than grilled cheese? Nothing, and that's why we love it so. This one builds flavour with sweet pears and a little heat from mustard.

Ready in
Prep time: 15 minutes
Serves 2

Ingredients
- 4 slices Pumpernickel bread
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- 2 tsp Dijon mustard
- 1 cup cremini mushrooms, thinly sliced
- 1/2 pear, thinly sliced
- 1 cup Fontina cheese, grated

Directions
1. In a medium to large skillet, melt a pat of butter over medium heat. Toss in sliced mushrooms and push around with a wooden spoon until they soften. Remove from pan and set aside. Wipe out pan.
2. Butter each of the pumpernickel slices on one side, swipe the other side with half of Dijon and place each piece in the pan, butter side down. Place a good handful of Fontina on each piece, then press down a couple of slices of pear, followed by a good spoonful of the mushrooms. Place another slice of Pumpernickel on top, butter side out. Let sizzle for 2 or 3 minutes, peeking at the underside using a spatula to see that your bread is toasting not burning!
3. Now for the flip. Slide a spatula under your sammies while pressing down with your fingers on top and quickly flip. Allow the sandwich to grill for a couple of minutes on this side and then remove from the heat. Cut in half and serve warm.

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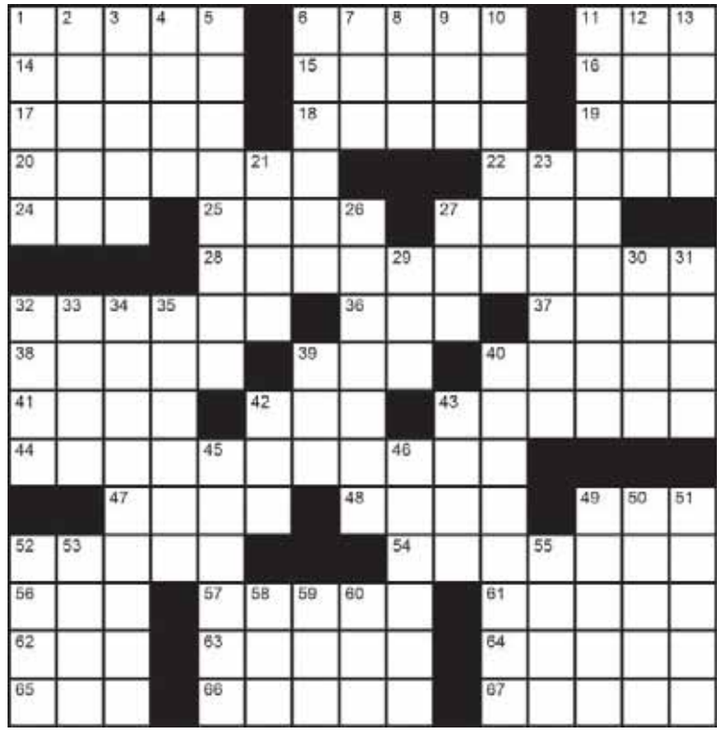
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hairstylist's tools
6. Take apart laces
11. Victoria's Secret purchase
14. "Bon voyage!"
15. _ of view
16. Poke fun
17. Get rid of mist
18. Gaudy
19. Building wing
20. Mark of "Avengers: Age of Ultron" (2015)
22. Macho
24. Bad _ (German spa resort)
25. Theatre seating sections
27. Helvetica, for one
28. Boxers use it in the gym for training: 2 wds.
32. Rubble
36. Geological period
37. "Clair de _" by French composer Claude Debussy
38. Once in _ _ moon
39. Inclined
40. _ _ world record
41. City light type
42. Intl. clock standard
43. 1960s Prime Minister of Canada, _ B. Pearson (b.1897 - d.1972)
44. Quebec City, 'The World's _ _'
47. The Queen, less formally
48. Hairdo
49. Amer. tax ID
52. Female fortuneteller of ancient times
54. Someone sporty
56. Ottawa's Carling, e.g.
57. Scientist's bottles
61. Keenly interested
62. Long-snouted fish
63. Plaudit
64. Like a jacket or blazer
65. School subj.
66. Permeates
67. Stage accessories

DOWN
1. Close-knit unit
2. Ancient theatre of Greece
3. Annoys
4. "Can I _ _ assistance?"
5. Dessert of Quebec: 2 wds.
6. Billy Joel hit with Christie Brinkley in the video: "_ Girl"
7. Perfume by Cacharel
8. Mints brand, _ tac
9. Pen's content
10. Word origin
11. "Corner Gas" star/creator: 2 wds.
12. Streamlet
13. In a competent manner
21. Mr. Ferrigno's
23. Geometric shapes have many
26. "Yeah ...sure, tell me another one." sayer
27. $5 bill, in slang
29. On a roll
30. Newfoundland: L'_ aux Meadows
31. Equipment
32. Mr. Aykroyd's
33. Irving Bacheller novel, _ Holden
34. Financial news channel, _ TV Canada
35. Fashionable 'lane'
39. Rocker's sound maker
40. 'How To' book relative
42. Leg, slang-style
43. Montreal 'milk'
45. Knee-length boots keep them warm
46. Browns the bread
49. Musical repetition mark
50. Like a mountain that's hard to scale
51. "Revenge of the _" (1984)
52. Herb kind
53. Terrible tsar
55. Hideaway
58. Road problem in winter
59. Ginger beverage
60. Jogger's circuit

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There may be obstacles blocking your path at every turn, but come the new year your life will be far less encumbered by things and people you wish weren't there.

Taurus April 21 - May 21
There is a danger today that you will be too assertive and say something that annoys people in positions of power. Try to engage your brain before you open your mouth. Better still, don't open your mouth.

Gemini May 22 - June 21
Odds are you will find yourself falling out with someone today. Nothing bad is likely to come of it so long as you don't say or do anything that cannot be taken back later.

Cancer June 22 - July 23
It seems as if everyone is ganging up on you, but appearances can be deceiving. No matter how hard done by you may feel today just stay calm and let the storm pass.

Leo July 24 - Aug. 23
Your can-do attitude will impress people in positions of power but don't make promises you might find hard to keep. If you've already made a rash promise there may still be a way to get out of it if you act quickly.

Virgo Aug. 24 - Sept. 23
It's not like you to keep a low profile but that might be a good thing to do. Try not to draw attention to yourself, either at work or in the world at large.

Libra Sept. 24 - Oct. 23
You are mostly cautious about what you say but sometimes you go right the other way and leave others open-mouthed with astonishment that you could be so outspoken and outrageous. Think before you speak today.

Scorpio Oct. 24 - Nov. 22
Keep your opinions to yourself today. The planets warn that if you say anything that others consider over the top or in poor taste it could cost you.

Sagittarius Nov. 23 - Dec. 21
Mercury, planet of communication and the mind, is at odds with Mars today, and as this link cuts across the money angle of your chart any mistakes you make could prove costly. Don't give up information freely.

Capricorn Dec. 22 - Jan. 20
With both Mercury and Pluto moving through your sign you have no fear about expressing yourself. However, think twice before saying anything that could be seen as rude or derogatory. Others may not to laugh it off.

Aquarius Jan. 21 - Feb. 19
You seem to be looking for hidden meanings. Is it right that you are this suspicious? Maybe, but more likely there is no great conspiracy, so try to think rationally and deal only in facts.

Pisces Feb. 20 - March 20
Take what you hear today with a grain of salt because someone is trying to mislead you. Even those who can usually be trusted will be tempted to lie.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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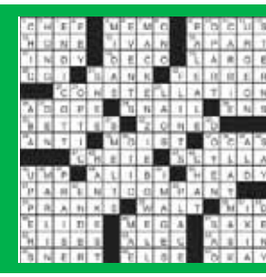

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